



WALK & TALK

**Free wellbeing
support for
Lockleaze parents**

Get some gentle exercise, fresh air and have the opportunity to walk with a fellow mum. Charlie is a Wellbeing Coach and mum of two. She will listen, so you can talk about whatever is currently on your mind. The sessions have a wellbeing focus and will provide personal guidance and support.

**1:1 Weekly Walk
Stoke Park
60mins**

A Lockleaze mum said,
"I needed someone to listen with empathy & understanding and that's what I got and more. At a time when I was completely overwhelmed by anxiety, I got the support and help I really needed. Everyone should have a Charlie in their lives!"



**Contact Charlie to book
a session**

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